

OTTAWA

metro®

NEWS
WORTH
SHARING.



HEY, OTTAWA. LOOKING FOR **THE SUPERIOR TV EXPERIENCE?**



 **ROGERS™**

LOOK NO FURTHER.

THE **NEW** ROGERS NEXTBOX™ 3.0

Record 8 HD shows at once

2x more On Demand movies and shows¹

1 TB of storage

Manage your PVR from your phone and tablet with our integrated app²

Set, playback and manage up to 8 TVs with 1 PVR²

Caller ID on your TV

BELL FIBE™ TV

Record up to 4 shows at once

1/2 the On Demand movies and shows

500 GB of storage

No

No

No



NEXTBOX 3.0 IS THE SUPERIOR TV EXPERIENCE IN OTTAWA. SORRY, FIBE.

GET A FREE NEXTBOX 3.0
HD PVR RENTAL FOR 3 YEARS WHEN YOU SWITCH TO A 3-PRODUCT BUNDLE³

Opt to own for \$1 after 3 years.

CALL 1 888 ROGERS¹
CLICK rogers.com/nextbox
VISIT your local retail store

LIVE LIKE NEVER BEFORE™



Limited time offer within Rogers cable service area (where technology permits) in Ontario only and subject to change without notice. Available to new customers or existing customers who are adding an additional eligible cable product. *Taxes extra. An installation charge of \$49.99 and activation fee of \$14.95 also apply. ¹ As of April 22, 2013. Programming content differs depending on level of Rogers subscription. Charges apply to some On Demand programming content. ² Rogers Anyplace TV Home Edition only available in Ontario to Rogers customers with a My Rogers account, consolidated billing, and select HD digital set top boxes (8642 HDPVR, 4642 HD, 8300 HDPVR and 4250 HD). Customers must download the Rogers Anyplace TV Home Edition app from applicable app store (free to download). Wireless data charges deducted from usage allowance or at pay-per-use rate for set/manage/record and remote control features outside of Wi-Fi. Live streaming feature (currently only available on tablets) only available within your home over your own Wi-Fi connection and requires subscription to Hi-Speed Internet (Lite tier and above) and Rogers Digital TV (excluding Digital Starter Pack) and a compatible iPad or Android tablet. Internet usage deducted from your usage allowance or charged at per GB rate for your tier. Live TV content selection is limited. Visit rogers.com/GetAnyplaceTVHome for full details. ³ After 36 consecutive rental payments without default (\$0 with this offer), opt to own for \$1 by notifying Rogers within 30 days after 36th payment. If you do not opt to own, monthly then-current regular rental rate will apply. Title/ownership to equipment remains with Rogers unless option is exercised. ™Fibe is a trademark of Bell Canada. ©2013 Rogers Communications.

OTTAWA

metro®

NEWS
WORTH
SHARING.



LIVE 88.5 FM

LISTEN TO WIN 24:00 HOURS IN VEGAS

Survey says science feeling the interference

One in four scientists working for the feds say they've been asked to alter or exclude data **PAGE 10**

Ditch the perv, petition urges

Online document calls on Vogue, H&M, and other big names in fashion to stop using 'alleged sex offender' Terry Richardson for photo shoots **PAGE 17**

THEY MAY BE OLD, BUT THEY'RE SPRY

WITH THE RELEASE OF THE ESCAPE PLAN, WE LOOK BACK AT OTHER OLD GUYS READY FOR ACTION **PAGE 16**



WHO'S AFRAID OF THE BIG BAD ALF?

The Ottawa Senators will face Daniel Alfredsson and the Detroit Red Wings for the first time this season Wednesday, and while players say it will be odd to face their former captain in a different jersey, they've learned that life does go on without Alfie. Story, page 3. LON HORWEDEL/THE CANADIAN PRESS

Duffy victim of coverup: Lawyer

PMO patsy? Duffy was told by Senate colleagues expense claims were OK, attorney says

Quoted

"I am told that you have complied with all the applicable rules and there will be several senators with similar arrangements.... This sure seems to be a smear."

Neil Wright, in an alleged email to Mike Duffy in December 2012, when stories suggesting Duffy spent little time at his P.E.I. residence emerged

Mike Duffy once promised his side of the story on his dealings with the Prime Minister's Office and the \$90,000 payment of contested expenses.

On Monday, his lawyer helped break the senator's silence with what he called "the tip of the iceberg" of evidence.

Donald Bayne spent nearly an hour alleging how Prime Minister Stephen Harper's staff and key Conservative senators schemed to have Duffy take the fall for wrongdoing that even they agreed he had not committed.

Harper, meanwhile, continued to blame a single person — his former chief of staff Nigel Wright.

"The whole political decision-making about this has been a fiasco," Bayne told reporters.

porters.

"From the get-go, rather than letting the truth out, that there are flaws in the Senate system and rules, it's the old story. The cover-up is always more damaging than the original issue."

Duffy faces suspension without pay from the upper chamber for "gross negligence" in the management of resources, along with colleagues Pamela Wallin and Patrick Brazeau. Conservative motions are expected to be introduced Tuesday.

Last week, Wallin's lawyer also lashed out at the Conservatives and said legal options would be considered if the suspension occurred.

Bayne said Duffy never submitted any improper expense claims based on a reading of the rules, and that was borne out by an independent audit and in a series of communications that Duffy had with senior Tories. At issue was Duffy's designation of a house in Prince Edward Island as his primary residence, and the living expenses he claimed for his home in Ottawa.

The lawyer quoted from a letter sent by former Conservative Senate Leader Marjory LeBreton in January 2009, in which she allegedly tells Duffy that "Senate residency is not defined" anywhere in the rules. LeBreton could not immediately confirm whether she wrote such a letter.

By the following April, auditors at Deloitte had also concluded a review of Duffy's living expenses, and said the rules weren't clear on residency.

THE CANADIAN PRESS

LE PLAN D'ACTION ÉCONOMIQUE CONSERVATEUR : 31 % PLUS DE VISITES AUX BANQUES ALIMENTAIRES.

(statistique du rapport Bilan-Faim 2012)

ON EST TOUS TOUCHÉS



afpc-rcn.com

porter
flying refined

It's our 7th birthday and it's YOUR lucky day, with fares starting at \$117.*

So book your lucky savings from Ottawa by this
Thursday, October 24th. Turning 7 doesn't happen
every day, and neither do these savings!



HALIFAX • MONCTON • MONT TREMBLANT • MONTRÉAL • OTTAWA • QUÉBEC CITY
SAULT STE. MARIE • ST. JOHN'S • SUDBURY • THUNDER BAY • TIMMINS • TORONTO • WINDSOR
BOSTON • VERMONT • CHICAGO • MYRTLE BEACH • NEW YORK • WASHINGTON DC

flyporter.com

* Yes, our birthday is October 23rd. And yes, it's kind of a big deal for us. \$117 refers to flights from Ottawa or Toronto. Special one-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services. Other fares apply to other destinations. Book by 11:59 pm Eastern Time October 24, 2013. Travel by December 15, 2013. Up to 21 day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

Alfie to fight nostalgia as well as Senators: Spezza

Fondness is mutual.
Respect still there for former captain, despite defection to Red Wings

TREVOR GREENWAY
ottawa@metronews.ca

It will be more difficult for Daniel Alfredsson to play against his former team than it will be for the Ottawa Senators to play him when they meet up in Detroit on Wednesday, said the Sens' new captain, Jason Spezza.

Alfredsson left the Senators under free agency this summer and signed with the

18 years in Ottawa

"If you agree or didn't agree with his decision, you still have to respect what he did for the team."

Senators captain Jason Spezza, on former captain Daniel Alfredsson's decision to leave

Red Wings after an 18-year career in Ottawa. Although it will be an emotional reunion when they face the Red Wings, Spezza and company will be focused on one thing: winning.

"I think it will be harder for him playing against Ottawa because it's the only place he's ever played," Spezza told reporters after a morning skate Monday.

Alfredsson's departure shocked Ottawa fans, but Spezza said he won't forget what the former captain did for hockey in the nation's capital.

"If you agreed or didn't agree as a fan, you still have to respect his time here," he said.

"And as a player, it's the same thing: If you agree or didn't agree with his decision, you still have to respect what he did for the team and the community and everything. So we will be happy to see him."

The Senators will be back in Ottawa on Friday to host the Anaheim Ducks.



Jason Spezza, left, and Erik Karlsson at practice at the Canadian Tire Centre on Monday. TREVOR GREENWAY/METRO

Vanity Fair

Sens dubbed fashion stars

Erik Karlsson puts his pants on one leg at a time — but when he does, he does it with style.

The Senators defence-man, along with captain Jason Spezza, were both named in Vanity Fair's Top 10 Best-Dressed NHL Players list. But if you think you'll find the point man roaming the corridors at the Rideau Centre, think again.

Karlsson told Metro on Monday that when he goes looking for new threads, it's "not in Ottawa."

"I go to Montreal once in a while, but I do most of my shopping in the U.S. or Europe," Karlsson said. He usually pulls on Dolce & Gabbana or Versace when he's getting ready to head to the rink for game time.

METRO

Bus driver fired for sidewalk shortcut



In this dashcam video, a bus drives on the sidewalk. COURTESY KEITH MARIEN

The man videotaped driving his empty First Student school bus recklessly through the intersection at Merivale and Hunt Club roads is no longer with the company.

As reported in Monday's Metro, driving instructor Keith Marien videotaped bus No. 130809 moving aggressively, taking a shortcut

through the busy intersection using the designated bike lane and then the sidewalk — only eight hours after cyclist Mario Theoret was killed in a collision with a truck a few feet from the intersection.

Marien alerted First Student and the Ottawa police before contacting Metro.

"Since learning of the

Company response

"We take any incident like this very seriously. Safety and security are of the utmost importance."

Maurice Harris, the director of corporate communications for First Students

incident, the driver is no

longer driving for the company," said Maurice Harris, the director of corporate communications for First Students, in a phone call from their Cincinnati headquarters.

"We take any incident like this very seriously. Safety and security are of the utmost importance."

DENIS ARMSTRONG/FOR METRO



SECURETECH 2013
Canada's Public Safety, Emergency Management and Security Showcase

October 29 & 30, 2013

Ottawa Convention Centre

www.securetechcanada.ca

Protection... Resilience... Response...

Canada's only all-encompassing public safety, emergency management and security showcase. Leverage shared technologies, explore the latest innovations & technology to address challenges in the sector and more.

2013 CONFERENCE TRACKS



Event Sponsors:



Produced by:



Open to Industry and all levels of Canadian and int'l government only.

ADMISSION TO TRADESHOW IS FREE



**SAVE 40% OFF THE CONFERENCE
WHEN YOU USE PROMO "METRO22"**

TRAIN FOR AN EXCITING CAREER IN

FITNESS AND HEALTH PROMOTION

Program Objective

This is a concentrated 10 month program.

The objective of this program is to provide you with the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options.

Opportunities also abound in: Fitness and Health Clubs • Retail Fitness and Sports Stores • Municipal Recreation Centres • Health Promotion Agencies Hospitals and Rehabilitation Clinics

Fitness and Health Promotion Subject Matter Includes:

Anatomy and Physiology • Exercise Physiology
Nutrition and Wellness • Community and Civic Life
Leisure Program Design & Management • Group Exercise
Fitness Assessment & Program Design
Biometrics & Kinesiology • The Business of Personal Training
Advanced Exercise Techniques

**CLASSES
START
October 28**

Certification

This program helps prepare you for these Can-Fit-Pro certifications:

Fitness Instructor Specialist (FIS) • Personal Training
Specialist (PTS) • Nutrition & Wellness Specialist (NWS)
Pre & Post Natal Fitness Specialist (PFS)
Older Adult Fitness Specialist (OAS)

**Onsite Can-Fit-Pro
testing is provided
for graduates**



ALGONQUIN CAREERS ACADEMY

1830 BANK STREET • 613-722-7811
ALGONQUINACADEMY.COM



Homicide victim Michael Swan is seen in this undated Facebook photo. FACEBOOK

Was shooting intentional or accidental?

Closing arguments. Murder trial reaches final stages



JOE
LOFARO
joe.lofaro@metronews.ca

Prosecution

The argument that the 2010 killing of Michael Swan was unintentional is a complete lie and the man who did it "never skipped a beat," from the moment he broke into the teen's Barrhaven home, a Crown prosecutor told a jury Monday.

Prosecutor Mark Moors made the submission to jurors in closing arguments as the trial of two Toronto men accused of murdering Swan entered its fifth week.

Kristopher McLellan, 24, and Kyle Mullen, 23, have both pleaded not guilty to first-degree murder. A third accused, Dylon Barnett, 22, will go on trial for murder in 2014.

The home invasion was planned for weeks and McLellan was not even fazed when he shot a bullet through Swan's torso because he "was prepared to confront anyone

who got in his way," Moors said.

Defence

McLellan testified that he shot Swan, a known marijuana seller, after driving to Ottawa from Toronto to steal Swan's drugs and money from his Moodie Drive home after midnight on Feb. 22, 2010. After Swan said, "I don't know" when asked about where his drugs and money were, McLellan said he shot Swan because Swan bumped into the gun.

It was an accident and he squeezed the trigger in a "jerked" reaction, he said.

McLellan's lawyer, Pat McCann, told the jury Monday that bringing a loaded handgun was wrong, but he said, "That's what robbers do."

McCann said killing Swan was not intentional and it made no sense because Swan was the key person who could lead the masked intruders to what they came for.

"It makes absolutely no sense to aggravate the situation," said McCann.

The girlfriend

Moors said the intruders turned to Swan's girlfriend, Kaitlyn Scott, for answers after she watched her boy-

friend bleed to death in front of her.

In her testimony Scott recalled them saying, "You're the girlfriend. You should know something."

Not a "key player"

Mullen's lawyer, Michael Smith, argued his client should be acquitted of first-degree murder because he was not a "key player" in the shooting and was not even in the room when Swan was shot.

Mullen's absence from the planning of the home invasion, "speaks volumes to his level of involvement," said Smith. "Mr. Mullen is there for a robbery. That's it."

But the Crown referred to Scott's testimony from Sept. 30 in which she told the jury there were three men in the room.

"I think what's important, ladies and gentlemen of the jury, is that you don't come to believe just because his role is different that he is not equally culpable for this killing," Moors said. "Each of these men had a role to play."

The jury also heard Mullen provided McLellan with the gun he used to shoot Swan.

The trial continues Tuesday.



When you believe in kids, they can do anything.

\$100 million. Five years. Helping over one million kids and youth.

That's our pledge to the future of our country – our kids. At RBC®, we believe that all kids deserve the opportunity to lead well-rounded lives. That's why we're supporting a variety of initiatives, including children's mental health, after school programs and amateur sports. The best way to prepare kids and youth for the future is to give them a start that focuses on health and happiness, inside and out.

See our pledge in action at youtube.com/RBC

Helping build a better future.



Education | Health | Sports | Career | Arts

CFL. RedBlacks tackle ticket prices, but still waiting to snap up players

How do you sell tickets to a pro-sports team that doesn't actually exist yet?

This is the challenge Ottawa RedBlacks president Jeff Hunt faces as the organization announced its ticket prices for Ottawa's returning CFL team Monday.

Hunt said he hopes fans will have confidence the team will indeed come together.

"Right now, what we are marketing is an exciting future," Hunt said.

"Hopefully people will have confidence that we will have a great team and right now, it's all about the excitement of a CFL team coming back to the city of Ottawa."

The team doesn't have any players on its roster yet, nor even on its radar. All that will have to wait until the CFL expansion draft in December.

The team can't even sign free agents until the Grey Cup is played Nov. 24 in Regina.

The CFL expansion draft will allow current teams to protect one quarterback, six Canadian players and 10 American athletes. After that,



Devaughn Blackwood, 10, of the Kanata Knights football team, holds a toy football with the name and logo of the RedBlacks. METRO FILE

the team can start building its future squad. But nothing will come clear until Dec. 16.

"We don't even know yet what players are being protected," explained Hunt.

The RedBlacks announced season-ticket packages for 2014 would be priced as low as \$179.20. Individual game tickets start at \$20. Premium Club seats, which include food, parking and entry to all of Ottawa Fury FC home games, start at \$2,285 per season. **TREVOR GREENWAY/FOR METRO**

Crash. Gatineau Rapibus gets off to rocky start

A brand new Rapibus taking commuters to work on its first weekday rush-hour run was involved in an early morning collision that sent five passengers to hospital Monday.

The crash happened at the intersection of the Rapibus corridor and Breadner Street in Hull just after 6 a.m., when a 22-year-old driver failed to

stop at a red light, Gatineau Police said.

Thirty-five passengers were on the bus and the five that were taken to hospital were for precautionary measures.

The driver of the car was uninjured, but was fined \$160 and lost three demerit points for the infraction.

TREVOR GREENWAY/FOR METRO



Carleton University students celebrate the opening of a new Aboriginal Centre at Carleton University with a cake-cutting on Monday. DENIS ARMSTRONG/FOR METRO

A grand vision for First Nations students

Carleton University. Architect says giving aboriginal students a space of their own key to developing a new, empowered generation

DENIS ARMSTRONG
ottawa@metronews.ca

Carleton University's new Aboriginal Centre opened Monday.

Designed by renowned Canadian architect Douglas

Cardinal, the 1,850-square-foot lounge and meeting area is, as Cardinal described it, "a round peg in a square hole."

Formerly old office space located in the Paterson building off Carleton's central quad, the new centre has been named Ojigkwanong, which means "morning star." The centre is a vortex of rounded, undulating walls and sculptured wood ceilings and surfaces identical to Cardinal's most famous design for the Canadian Museum of Civilization.

The \$125,000 construction cost was funded by the school and private donations.

When completed in spring 2014, it will serve as a hub for Carleton's 700 aboriginal students.

"This is a space where we can be close to our community and find spiritual renewal," said Geraldine King, an Ojibway First Nation and fourth-year Canadian Studies student.

"Everything about the design represents the aboriginal people, our culture," said Cardinal, whose ancestry is Blackfoot and Metis. "Everybody is equal in a circle. There is no hierarchy here. Everyone is welcome. This is a total democracy."

And while the scale of the job may be small by Cardinal's standards, it is a job he wanted. One of Canada's most-recognizable architects, Cardinal is currently working on major architectural projects, including the new Plasco Centre on Moodie Drive, and the National Museum of Aboriginal People in Beijing.

"I don't care about the size, it's the relationship between people and the room I care about," he said. "It's important to Aboriginal people to have their own space. First Nations are Canada's apartheid. We have to change that."



HEY MOBILICITY CUSTOMERS,

We've got you covered.

Get up to \$200 in service credits when you switch to our \$30 unlimited plan. Plus, you can keep your own phone.

SAVE
\$200

WIND
true mobile freedom

Offer valid until notice of change or termination on WINDmobile.ca. To be eligible for this promotion 1) activate a new number or port-in your existing number and 2) provide your own unlocked phone or purchase a device from WIND. Cannot be combined with WINDtab. Customers who activate on WIND20/30/40 plans will receive monthly credits of \$5/\$10/\$15 to a maximum of \$100/\$200/\$300 over 20 monthly installments. Your account must be in good standing and you must keep the number and monthly plan you activated in order to receive the credit. The credit is applicable to monthly add-ons and pay per use charges only and not towards your monthly plan fee, WINDtab balance, device or accessory costs and has no cash value. This promotion is available at WIND retail locations only. This credit cannot be combined with any other promotional offers. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. Samsung and Samsung Galaxy S4 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE, WINDtab and true mobile freedom are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globale Wireless Management Corp. © 2013 WIND Mobile.

Sharing the co-operative spirit since 1908.

Thank you to both our members and guests for celebrating
International Credit Union Day *with us!*



A special thank you also to
our community partners for
supporting this celebration

- The Ottawa Boys and Girls Club
- The Scone Witch
- Francesco's Coffee Company

Providing cooperative financial services since 1908.

Come in today to our Place de Ville branch at 112k Kent Street
to experience the difference that membership makes!

New members welcome!

613.560.0100
alterna.ca

*Alterna:
bank fresh.
bank local.*



Alterna Savings

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires



3D printers that can make guns raise fears. TORSTAR NEWS SERVICE FILE

a licence and, in the case of handguns and restricted guns, a registration certificate. A firearms business licence is needed to manufacture a gun. A final report is expected in February.

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of bacteria that could potentially sicken babies, the researchers found.

Buyer beware!

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer, pediatrics chief at Rush University Medical Center in Chicago

The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago.

Medical literature cites several cases of infants getting sick from strangers' milk. The study was in the journal *Pediatrics*.

THE ASSOCIATED PRESS

Toronto Zoo

Farewell Iringa, Toka and Thika

The Toronto Zoo is wishing its three former elephants the "very best" in their new home in California.

The zoo says the elephants arrived safely at the Performing Animals Welfare Society sanctuary near Sacramento at about 9:30 p.m. Sunday. Zoo staff were on hand when each was unloaded from crates. THE CANADIAN PRESS

York, Penn.

Kindly thief returns pumpkin stolen from boy

A thief has returned a 255-pound pumpkin that a central Pennsylvania boy won by correctly guessing its weight — along with a note apologizing for the theft.

Nine-year-old Jaiden Newcomer of York won the giant pumpkin at an Oktoberfest celebration.

THE ASSOCIATED PRESS



19-week-old chickens are transported to Ku-Ku Farms in this photo. The hidden-camera video was filmed by Mercy for Animals Canada. HANDOUT/THE CANADIAN PRESS

Cruelty alleged at chicken farms

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part,

Not us, said McDonald's

"Abuse is never tolerated in our supply chain and McDonald's has strict policies in place concerning the treatment of animals that our suppliers must adhere to at all times."

Spokeswoman Karin Campbell of McDonald's said the fast food giant's eggs do not come from the farms in the W5 story, nor from Alberta

says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and

chicks being violently smashed by workers and thrown into garbage bags.

"They're so cramped inside those cages they can't spread their wings, they can't walk, they can't turn around, they

can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy for Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks. THE CANADIAN PRESS



A chick is shown trapped in the wire of a cage in this handout photo provided by the rights group Mercy For Animals Canada. HANDOUT/THE CANADIAN PRESS

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

• "What we did see, and what I was exposed to on W5, was certainly very alarming and disappoint-

ing to me as an egg producer," said organization chairman Peter Clarke.

• Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.

• It has also launched an investigation of the two Alberta farms.

Greek cops release photos of suspected child abductors

Four-year-old 'Maria':
Charges laid against
Roma couple as search
for parents continues

Greek police on Monday released photographs of a couple charged with abducting a girl and judicial authorities put the pair in pre-trial custody, as an international search for

the child's biological parents intensified. Authorities also scrambled to uncover fraudulent birth declarations related to possible welfare benefit scams involving the couple and others.

Investigators trying to establish how the girl known only as "Maria" came to be with the detained Gypsy couple are considering a range of potential scenarios, from child trafficking to even simple charity.

The suspects were also identified as 39-year-old Christos Salis and a 40-year-old woman who used the names Eleftheria Dimopoulou and Selini Sali. They were arrested last week, after police found the girl when they raided a Gypsy, or Roma, encampment near the Greek town of Farsala. Her DNA shows she is not the couple's child.

Authorities allege Dimopoulou claimed to have given birth to six children in less than 10

months, and 10 of the 14 children the couple had registered as their own are unaccounted for. It is not clear whether the 10 children are real or were made up to cheat the Greek welfare system.

A defence lawyer has said they were motivated by charity, after being approached by an intermediary for a destitute foreign mother who reportedly could not afford to raise the child. **THE ASSOCIATED PRESS**



40 year-old Selini Sali or Eleftheria Dimopoulou and 39 year-old Christos Salis sit with a four-year-old girl reportedly named Maria, who was found living with the Roma couple in central Greece on Monday. HELLENIC POLICE/GETTY IMAGES

NSA. U.S. surveillance of 70 million phone calls 'unacceptable': France

President Barack Obama called French President Francois Hollande on Monday and discussed France's anger over reported aggressive surveillance tactics by the National Security Agency.

The call comes after a French newspaper said the NSA swept up 70.3 million French phone records in a 30-day period. France has summoned the U.S. ambassador to explain and called the practice "totally unacceptable."

The White House said some recent disclosures about the NSA have been distorted but that some raise legitimate questions for U.S. allies about how America's intelligence capabilities are used.

Reasonable tactics?

"Protecting the security of our citizens in today's world is a very complicated, very challenging task."

U.S. Secretary of State John Kerry, who added that he would discuss privacy issues with the officials of all concerned countries

Obama told the French president that the U.S. is reviewing its intelligence-gathering to ensure a balance between security and privacy. The White House says both presidents agreed they should continue diplomatic discussions about the issue

THE ASSOCIATED PRESS



U.S. Ambassador to France Charles H. Rivkin in Paris. THE ASSOCIATED PRESS

Abu Dhabi

Rihanna asked to leave mosque

Overseers of Abu Dhabi's Grand Mosque say they asked pop star Rihanna to leave the compound after she posed for photographs considered to be at odds with the "sanctity" of the site.

Rihanna hasn't publicly responded to the actions by staff at the Sheikh Zayed Grand Mosque. Her show took place on Saturday in Abu Dhabi.

THE ASSOCIATED PRESS

Australia

Canadian-led drug ring busted

Australian police say they've busted a Canadian-led international syndicate that imported nearly two tonnes of drug-making materials worth almost \$300 million to the country.

The Australian Associated Press reports eight Canadians and two Australians are in custody following the seizure last month in Melbourne of 650 kilograms of pseudoephedrine. **THE CANADIAN PRESS**



"What are the economic benefits?"

According to an independent study by Deloitte & Touche, the Energy East Pipeline project will create an estimated 2,200 direct full-time jobs in Ontario in the first six years alone. Fully funded by TransCanada, the project will also generate an estimated \$13 billion for Ontario's economy, \$3.5 billion in provincial government tax revenues and countless other business opportunities. Do you have questions about the economic benefits of Energy East? We have your answers at

EnergyEastPipeline.com

TransCanada is a Canadian company with over 60 years of experience building pipelines and power infrastructure safely and reliably.



Gov't scientists feel muzzled: Survey

The Big Chill. Nearly 1 in 4 public-service science professionals say they have felt political interference

A large survey of science professionals in the federal public service has found that almost 25 per cent of respondents say they have been directly asked to exclude or alter information for "non-scientific reasons."

Some 71 per cent of those surveyed said political interference is compromising policy development based on

scientific evidence, and almost half of those who took part said they were aware of cases in which their department or agency suppressed information.

The study, entitled *The Big Chill*, was commissioned by the Professional Institute of the Public Service of Canada, and paints a disturbing picture of government scientists who feel they are being muzzled.

More than 4,000 federal scientists — out of more than 15,000 who were invited — responded to the union-commissioned online survey handled by the polling firm Environics.

"A chill has settled on fed-

eral government science that is even greater than that suggested by the cases so far reported by the media," Gary Corbett, the president of PIPSC, said Monday.

Federal Information Commissioner Suzanne Legault is already conducting a study of how communications policy changes under the Harper government have clamped down on the sharing of government science with the public.

Legault was spurred to investigate the issue by a lengthy report from the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch, which included

Quoted

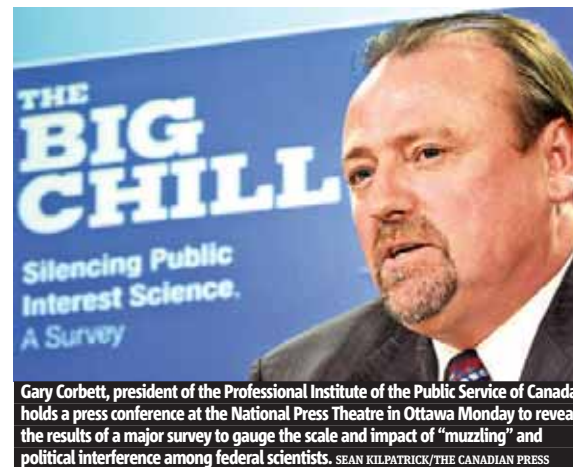
"Whether by implicit policy or explicit action, there has been silencing and it continues."

Gary Corbett, president of the Professional Institute of the Public Service of Canada

a score of anecdotes from six different government departments or agencies.

The PIPSC survey, which was conducted June 5-19 and surveyed 4,069 of the union's 15,398 members, adds statistical heft to that anecdotal evidence.

THE CANADIAN PRESS



Gary Corbett, president of the Professional Institute of the Public Service of Canada holds a press conference at the National Press Theatre in Ottawa Monday to reveal the results of a major survey to gauge the scale and impact of "muzzling" and political interference among federal scientists. SEAN KILPATRICK/THE CANADIAN PRESS

Oregon

Google Earth helps police bust pot grower

Police say the view from space helped them bust a medical-marijuana garden with too many plants.

Authorities received a tip that Curtis W. Croft was bragging about all the pot he was growing, and went to Google Earth to find out what they could see.

Authorities say online satellite images taken in June showed dozens of plants in neat rows, and a police raid in September led to the seizure of 94 plants.

THE ASSOCIATED PRESS

Michael Sean Stanley

Sex offender who fled to U.S. living near preschool

A sex offender who fled Canada now lives a block away from a preschool in Seattle, police records show.

Michael Sean Stanley cut off his electronic monitoring bracelet in Lloydminster, Alta., this month. He crossed the border and was located in the Seattle area last week. Authorities asked him to register as a sex offender. His address online is listed as just a block away from a tourist destination. It's also near a preschool.

THE ASSOCIATED PRESS

'Hero' teacher killed, gunman dead in shooting at Nevada middle school

A middle school student opened fire on campus just before the starting bell Monday, wounding two boys and killing a teacher who was trying to protect other children, police and the victim's family said.

Between 20 and 30 students, most of them 12- and 13-year-olds, witnessed the tragedy at Sparks Middle School that also left the lone suspected gunman dead, police said. It's unclear whether the student committed suicide, but authorities say no shots were fired by law enforcement. Police said between 150 and 200 officers, including some from as far as 96 kilometres away, responded to the shooting.

Family members later identified the staff member who was killed as math teacher Michael Landsberry, 45.

"In my estimation, he is a hero.... He was trying to intervene," Reno Deputy Police Chief Tom Robinson said about the fallen staff member.

Landsberry was a military veteran who leaves behind a wife and two stepdaughters, said his sister-in-law Chanda Landsberry. She said she wasn't surprised he stepped in to stop the rampage.

The motive isn't yet known, and the name of the suspect hadn't yet been released.

"As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on



A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at SMS in Sparks, Nev., on Monday. A student opened fire on Monday, wounding two boys and killing a staff member who was trying to protect the children. KEVIN CLIFFORD/THE ASSOCIATED PRESS

Quoted

"As you can imagine, the best description is chaos."

Reno Deputy Police Chief Tom Robinson

an indiscriminate shooting spree."

Students from the middle school and neighbouring elementary school were evacuated to the nearby high school, and classes were cancelled. The middle school will remain closed for the week.

At the evacuation cen-

tre, parents comforted their children.

"We came flying down here to get our kids," said Mike Fiorica, whose nephew attends the school. "It's really chaotic. You can imagine how parents are feeling. You don't know if your kid's OK."

One of the students injured in the violence that

erupted around 7:15 a.m. was out of surgery and the other was doing well, according to police.

The shooting happened on the school's campus and ended outside the school building itself, according to police.

"I was deeply saddened to learn of the horrific shooting at Sparks Middle School this morning," Nevada Gov. Brian Sandoval said in a statement extending his thoughts and prayers to those affected.

THE ASSOCIATED PRESS

THE OTTAWA

Ski Snowboard & Travel Show

FREE ENTRY!

ERNST & YOUNG CENTRE • 4899 UPLANDS DR

OCTOBER 26-27
SATURDAY & SUNDAY 10-5

CLEARANCE SUPER SALE!
SKIS/BOOTS/BOARDS
50-60% OFF 2012
30-40% OFF 2013

OUTERWEAR 50% OFF

Details at
OttawaSkiShow.com

- ✓ Ski Resorts from across N. America
- ✓ Wholesale ski tour operators
- ✓ Manufacturers & retailers of ski & snowboard equipment
- ✓ Ski Clubs
- ✓ Save at our giant ski & snowboard sale

Egypt's Christians mourn four dead after Cairo church shooting



An Egyptian woman weeps Monday during the funeral of several Copt Christians who were killed when gunmen sprayed a wedding party outside a Cairo church late Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

Religious conflict.

Family members shot outside Coptic church, in latest attack blamed on Islamic militants

In mourning

"They were pure angels. They had the world's kindness inside them."

Fahmy Azer Abboud, grandfather of girls killed in Sunday's church shooting

The elderly, silver-haired Christian could hardly speak Monday, sitting stunned in a church where the evening before, suspected Islamic militants on a motorcycle sprayed his family's wedding party with automatic weapons fire, killing his son, his wife's sister and two granddaughters aged 8 and 12.

"It's God's will. They are always beating us down. Every other day now, they do this," the 75-year-old Fahmy Azer Abboud said as he waited for their funeral to start.

He spoke haltingly of his

dead granddaughters, both named Mariam.

"They were pure angels. They had the world's kindness inside them. They helped me and shared with me everything they had," Abboud said.

The girls were waiting to enter the Church of the Virgin Mary in Cairo's Warraq district for the wedding of another of Abboud's granddaughters when the gunmen struck about 9 p.m. Sunday. The wounded included seven relatives, with his other son, Nabil, among them, he said.

Witnesses said a car

blocked traffic outside the Coptic church minutes before the shooting, allowing the gunmen on the motorcycle the space they needed and giving them an easy getaway.

The shooting deepened panic among Egypt's minority Coptic Christians, already the target of centuries of discrimination by the Muslim majority. It also raised fears that an insurgency by Islamic extremists may be shifting from rural areas to the capital.

The violence by Islamic radicals has risen since the military deposed President Mohammed Morsi in July and cracked down on his Muslim Brotherhood and its allies. The attacks have targeted mainly security forces and Christians, whom the Islamists blame because of their strong support of Morsi's ouster. THE ASSOCIATED PRESS

Smog in China. 'I realized it wasn't snow. I have not seen the sun for a long time'

Visibility shrank to less than half a football field and small-particle pollution soared to a record 40 times higher than an international safety standard in the northern Chinese city of Harbin, as the region entered its high-smog season.

Winter typically brings the worst air pollution to northern China because of a combination of weather conditions and an increase in the burning of coal for homes and municipal heating systems, which usually starts on a specific date. Harbin's heating systems kicked in on Sunday, and on Monday visibility there was less than 50 metres, ac-

cording to state media.

"I couldn't see anything outside the window of my apartment, and I thought it was snowing," said Wu Kai, 33, a housewife and mother in Harbin. "Then I realized it wasn't snow. I have not seen the sun for a long time."

The density of fine particulate matter, PM2.5, used as an indicator of air quality was well above 600 micrograms per cubic meter in Harbin, according to China's environmental protection agency. A safe level under WHO guidelines is 25 micrograms per cubic meter.

THE ASSOCIATED PRESS



A woman wearing a mask walks through dense smog in Harbin, China, Monday. Visibility shrank to less than half a football field. KYODO NEWS/AP PHOTO

Vatican scandal

Pope meets with 'Bishop Bling' over \$44M reno

Pope Francis has met with a German bishop whose \$44-million building renovation has scandalized Germany.

Bishop Franz-Peter Tebartz-van Elst, dubbed "Bishop Bling" by local media, said the reno involved multiple projects and high costs due to historical building regulations. THE ASSOCIATED PRESS

Teenaged rebels

Missing Somali sisters believed bound for Syria

Norwegian police have issued international alerts for two teen sisters believed to have travelled to Syria to join the civil war.

The pair, aged 16 and 19, are Norwegian citizens of Somali origin and were spotted on the Turkish-Syrian border. They reportedly emailed their family Thursday, saying they were travelling to Syria to help Muslims "in any way we can." THE ASSOCIATED PRESS

MACDONALD-CARTIER ACADEMY

For Anne Chabot-Smith

The future begins



With her daily homework already behind her, Anne forges ahead with her research project: « Les voyages de Magellan. » Anne is one of 64 students enrolled at Macdonald-Cartier Academy.

Entrance examinations for September 2014 will be held at the school on:

October 26, 2013

For further information, please contact:
Jean Mantha, Headmaster
Macdonald-Cartier Academy
270 Crichton Street,
Ottawa, ON K1M 1W4
Tel: (613) 744-8898
Web: www.mccacademy.ca

A private - co-educational junior high school (grades 7 and 8) located in New Edinburgh

A stimulating, full French immersion programme

A low teacher/student ratio (sixteen students per class) ensuring high academic standards and personalized attention.

A full range of sports, cultural activities, outdoor and experiential education, social and recreational events.

Travail - Respect - Fierté



MACDONALD-CARTIER ACADEMY



THE *Angels*
ARE LANDING!

VICTORIA'S SECRET

OPENS TOMORROW
BAYSHORE SHOPPING CENTRE

Limited Edition
VICTORIA'S SECRET TOTE
FREE

WITH A \$75 PURCHASE*

*One per customer. While totes last.

Ready to talk

BBM chat finally ready for iPhones and Androids

BlackBerry says its popular instant messaging service is now ready for Apple's iPhone and Android devices, following a technical glitch that delayed the launch by about a month. A company blog post published on Monday an-

nounced that BlackBerry Messenger would be available for free within hours on Apple, Google and select Samsung app stores. The company hopes BBM will become a revenue generator through advertising.

BBM allows real-time, secure text messages, without purchasing an SMS text package from a wireless carrier.

THE CANADIAN PRESS

Canada-Europe trade

Free trade deal needs public input: Critics

Federal ministers say the text of Canada's free trade agreement with Europe will be available within the next few months, but Canadians may not be able to vote on it before it gets ratified.

Trade Minister Ed Fast and Foreign Affairs Minister

John Baird suggest the agreement will likely be approved by Parliament before voters go to the polls in 2015 — but that it will get a full debate in the House of Commons.

NDP trade critic Don Davies said that plan is not sufficient, given that the EU deal is arguably the biggest Canada has negotiated — more sweeping than free trade with the U.S. or NAFTA — in terms of influ-

ence, and perhaps impact on the economy.

"Canadians have a right to be consulted in a meaningful way ... and in a way that allows us to inject some of that input into the agreement," said Davies.

Canadians got a chance to vote in a general election before ratification of two previous big trade accords — the deal with the U.S. in 1988 and NAFTA in 1993.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.08¢ (-0.06¢)

TSX
13,186.53 (+50.44)

OIL
\$99.22 US (-\$1.59)

GOLD
\$1,315.80 US (+\$1.20)

Natural gas: \$3.66 US (-0.007¢)
Dow Jones: 15,392.2 (-7.45)

Team Canada wants ethical Olympic gear



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold maple leaves behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transpar-

Where Games gear is made

- **Hudson's Bay Company:** consumer clothes made in China; 85 per cent of athletes' clothes made in Canada, remainder in China
- **Nike hockey jerseys:** player jerseys made in Canada; replicas in Indonesia
- **Adidas bobsled and skeleton gear:** made in Vietnam, China, Indonesia and Cambodia

ency," he said.

Smith said Hockey Canada staff plan to contact labour rights groups, as well as a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad. **TORSTAR NEWS SERVICE**

Social media. Facebook wants under-13 users

Some privacy advocates were ranked when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without violating laws in Canada and abroad.

In the U.S., the Children's

Online Privacy and Protection Act starts at 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.

"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. **THE CANADIAN PRESS**



Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Cutting carbs? Maple Leaf may sell Canada Bread

Baking time

2015

The anticipated sale of Canada's largest bakery business is part a multi-year restructuring effort, which Maple Leaf expects to complete in 2015.

eri pastas would find themselves in the hands of a new owner.

Canada Bread has also been downsizing. It announced in January that it would shut two factories with 121 jobs total. **THE CANADIAN PRESS**

From the athletes

'Athletes should not be competing in uniforms that exploit people'

Former Canadian Olympian Bruce Kidd wants to make the shadowy world of Olympic garment production more transparent.

Kidd is concerned the Canadian Olympic Committee's (COC) ethical sourcing policy, disclosing where items are made, is not publicly available.

"(Factory disclosure) shows that there is nothing to hide in the production line and enables independent monitoring. Olympic athletes represent the best values of youth and competition and athletes should not be competing or marching in uniforms that exploit people," he said.

Olympian Clara Hughes said that while she hasn't

asked about the COC's current policy, she expects it to have an aggressive ethical sourcing code.

"There should be something very transparent in place that's followed so you would never see a Canadian Olympic athlete competing or wearing anything that's made in that manner," Hughes said.

The COC's current policy, which does not appear on its website, requires that its partners monitor the garment factories it hires for rights violations. **TORSTAR NEWS SERVICE**



Olympian Clara Hughes says athletes should wear ethically sourced gear. **TORSTAR NEWS SERVICE**

LIVING SOLO NO LONGER FOR SPINSTERS

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, mu-



SHE SAYS
Jessica Napier
metronews.ca

seums — and through social-media platforms.

In the new CBC documentary *Flying Solo*, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be "me time" all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: "To go to bed and get up on your

clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone."

Of course, flying solo does have its downsides. Single-in-

come households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear family model in the process.

"As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself," says Harper. "I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over."

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Face it: 11 acres makes for a large portrait



COURTESY JORGE RODRIGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Spanning 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built, Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro. The artist, who currently lives in Spain, added: "Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible."

Artist's viewpoint



"Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound."

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. "Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging," he said.

"What I didn't expect was the community's response," the artist added. "People from both sides of the political spectrum were supportive and united to create something universal."

METRO

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.



The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take

the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.

Twitter



@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I

wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in *The Escape Plan* — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE

Metro World News in New York



John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, *The Shootist* — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

5

Old guys ready for action



Roger Moore (A View to Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.



Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in *42* and *Ender's Game*. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.



Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting *Death Wish* pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.



Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was *In the Line of Fire* in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

Cults likes to keep the band Static

No new players.

While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT HEALY

Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small

groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album. But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of put-

ting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, *Static*.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people hav-

ing fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't."

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged

in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"



Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show *Once Upon a Time*, reports *Rolling Stone*. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told

the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to Satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show. God bless America.



Robert Pattinson

Pattinson's team thinks it's time to reign Robert in

Robert Pattinson has reportedly been ordered by his management team to stop partying and womanizing and get back to work, according to *Radar Online*. "Rob's team felt he needed a wake-up call (and) that now is the time to get extremely serious about his career, even if that means quitting the womanizing and music-making that have defined his life in Los Angeles so far," a source says. "They really don't want him throw-

ing this opportunity down the toilet." And according to the source, the stakes for the *Twilight* star's career couldn't be higher. "Rob has to pick his next movie before the end of the year, and frankly everyone is worried he's going to screw this up," the source adds. "There's this very strong sense from his team that he needs to find a serious movie, like *Brad Pitt* did with *Seven* that pulls him out of the cheesecake territory."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



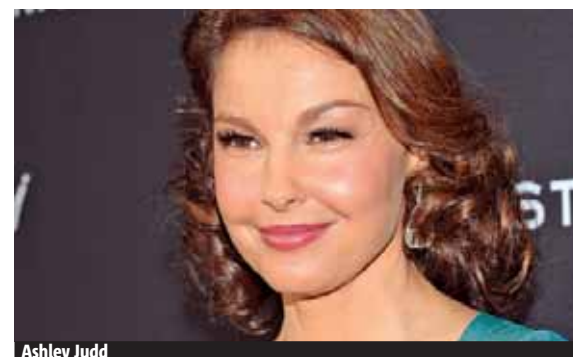
Is the industry's most controversial photog about to be out of work?

ALICE
TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, *Vogue*, *H&M*, *Mango*, *Supreme*, and all other

brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"



Ashley Judd

Judd and estranged hubby may be taking another spin around the track

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to *Us Weekly*. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two

fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."



Busy Philipps



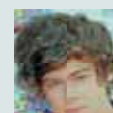
Evan Rachel Wood

Wood and Philipps got Busy on the same day

It turns out *A Case of You* co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to *People* magazine. "I got

pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.

Twitter



@Harry_Styles
Thinking about it, I've been in Australia for a while now and nobody has put any shrimp on any barbies.



@lenadunham
And the award for most disappointing rice pudding of the year goes to... this rice pudding!!!



@mindykaling
It is the era of the serious baby

3
LIFE

What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

Before your workout, eat:

Bananas

For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.



Raisins

A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.



Pomegranate juice

Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.



Green tea

This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.



METRO



If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich

Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.



Yogurt

Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.



Tart cherries

A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.



A green smoothie

A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.





**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

613-230-7475
2nd Level
Rideau Centre

**STRESS FREE AND
CARING DENTISTRY**

**NOW ACCEPTING
NEW PATIENTS**

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

This week:
Taking Care of Your Little Monsters



PERSONAL SUPPORT WORKER



Program Objective
This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities
Graduates will find employment within:

- Long-Term Care Facilities • Group Homes
- Hospitals • Retirement Homes/Residences
- Agencies providing Homecare Service

NIGHT SCHOOL AVAILABLE

CALL TODAY!

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

Chicken Quinoa 'Mac and Cheese': Healthy comfort food



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock,



This recipe serves six. ROSE REISMAN

flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until

smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping

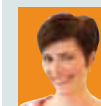
Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese
- Sauce**
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- Topping**
- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

is browned.

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

They are loaded with cholesterol lowering fibre and a significant source of minerals that may otherwise be missing from your diet.

Don't just settle for porridge, though, add oats in a multitude of ways.

- Whirl rolled oats in a blender and use the powder in place of bread

crumbs in burgers, meatballs and meat loaves.

- Use the same ground oats in smoothies and shakes.

- Bake traditional Scottish oatcakes instead of oatmeal cookies.

- Use a paste of warm oats as a skin soothing face mask.

- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Dinner. White Chicken Chili with Lime

1. In nonstick skillet over medium, heat oil. Reduce heat to medium-low, add onion and red pepper, then cook 5 mins., or until onion is softened. Add chicken and cook, breaking up large pieces, until chicken is no longer pink, about 5 mins.

Ingredients

- 1 tbsp vegetable oil
- 1 cup finely chopped onion
- 1 red bell pepper, cored and chopped
- 1 lb ground chicken
- 1 tbsp minced garlic
- 1 1/2 tsp chili powder
- 1 tsp all-purpose flour
- 1 tsp each ground cumin and dried oregano
- 1/2 cup white wine (optional)
- 1 1/2 cups low-sodium chicken broth (use 2 cups if not using the wine)
- Two 15 1/2-oz cans white beans, drained and rinsed
- 4 1/2-oz can chopped green chilies
- 1/2 cup reduced-fat sour cream
- Salt and ground black pepper

To serve

- Chopped scallions
- Chopped fresh cilantro
- Grated low-fat Monterey Jack cheese
- Lime wedges



2. Add garlic, chili powder, flour, cumin and oregano and cook, stirring, 2 mins. Add white wine, if using, and broth in stream, whisking. Bring to boil and simmer 10 mins.

3. Meanwhile, use fork to mash 1 cup of beans. Add both whole and mashed beans and chilies to chili and simmer 10 mins. Stir in sour cream and cook until hot. Season with salt and pepper.

4. Ladle chili into bowls and accompany at table with scallions, cilantro, cheese and lime wedges.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Sandwiching distinct Moroccan flavours — literally

A Montreal man's adventurous spirit when it comes to elevating the humble sandwich has earned his lamb creation the title of Canada's best sandwich.

Jean Emond won \$10,000 last week for his North African Lamb Filet Sandwich With Harissa and Figs as well as a \$10,000 donation toward his charity of choice, World Wildlife Fund Canada.

He beat three other finalists in the competition sponsored by ACE Bakery and judged by Bob Blumer, host of Food Network Canada's World's Weirdest Restaurants, Julie Van Rosendaal, the Calgary-based blogger behind Dinner-WithJulie.com, and Marcus Mariathas, ACE Bakery's master baker.

Emond developed his recipe through a step-by-step process starting with lamb, then layered on ingredients and spices to create a balance of Moroccan flavours. Ras el hanout is a spice mix from North Africa.

1. In a large bowl, mix together marinade ingredients except pine nuts and parsley. Add lamb strips and marinate in



This recipe serves four. CONTRIBUTED

refrigerator for 1 hour to let flavours mingle.

2. In a large wok or a skillet over medium heat, stir-fry lamb until just cooked through, 3 or 4 minutes. Stir in pine nuts and parsley and toss to combine.

3. Spicy Mayo: In a small bowl, combine all ingredients.

4. Fig and Goat Cheese Salad: In a small bowl, gently toss

all ingredients together until lightly coated, adding mint and arugula at the last moment.

5. To assemble sandwiches, lightly grill ciabatta buns until warm and toasty. Spread cut sides of each bun with some of the mayo. On the bottom bun, lay some of the seasoned lamb mixture and drizzle with some of the jus. Finish with the salad and top of bun.

THE CANADIAN PRESS/ ACE BAKERY

Ingredients

- 340 g (12 oz) lamb tenderloin, cut into thin strips
- 4 ciabatta buns, split
- Lamb Marinade**
- 2 cloves garlic, crushed
- 5 ml (1 tsp) honey
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) harissa paste
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) each ras el hanout, cumin seeds, black pepper
- 30 ml (2 tbsp) pine nuts
- 50 ml (1/4 cup) chopped Italian parsley
- Spicy Mayo**
- 50 ml (1/4 cup) mayonnaise
- 1 clove garlic, minced
- 5 ml (1 tsp) each honey and harissa paste
- Pinch ras el hanout
- Fig and Goat Cheese Salad**
- 2 fresh figs, diced
- 60 g (2 oz) soft goat cheese, crumbled
- 5 ml (1 tsp) each honey and olive oil
- 1 ml (1/4 tsp) each cumin powder, cumin seeds, ras el hanout
- 6 fresh mint leaves, julienned
- 250 ml (1 cup) baby arugula

More and more falling for online dating as it loses stigma of old

Not all good. New research has revealed that the industry is growing but negative experiences are still common amongst users

Online dating is shedding its stigma as a refuge for the desperate, but people who use sites such as Match.com and eHarmony are still in the minority. Thirty-eight per cent of Americans who are “single and looking” say they’ve used an online dating site or mobile app, according to a new study.

The report from the Pew Research Center’s Internet and American Life Project suggests that attitudes toward online dating “have progressed in a clearly positive direction.” In fact, 59 per cent of Internet users agree that online dating is a good way to meet people. That’s up from 44 per cent in 2005.

As Americans shop, socialize and entertain themselves online, a growing number are turning to the Internet to find dates. Some 11 per cent of people who started a long-term relationship in the past decade say they met their partner online. Even so, only 10 per cent of Americans say they’ve tried online dating.

Online dating is most popular among men and



With more people than ever using online dating you will find it easier to meet someone, but remember, the experience may not always smell of roses. ISTOCK

women ages 25 to 34. Nearly a quarter of them have used online dating sites, compared with just 10 per cent of people in the 18 to 24 age group. For ages 35 to 44, it’s 17 per cent and then the numbers fall steeply. Three per cent of those over 65 have dabbled in online dating.

Whites are slightly more likely to use dating sites than other ethnicities — 11 per cent compared with seven per

cent for blacks and five per cent of Hispanics, according to the survey. People without a high school diploma were the least likely to use dating sites, while those who have completed “some college” were the most likely.

While a relatively small fraction of people use online dating sites, forty-two per cent of Americans say they know someone who has, up from 31 in 2005. Among those 65 or

older, the number grew to 24 per cent from 13 per cent.

Once upon a time, couples who found each other online felt compelled to spin alternate “how we met” tales, but that’s no longer the case. Perhaps it’s the result of changing attitudes. In 2005, 29 per cent of Internet users agreed that people on online dating sites were “desperate.” In Pew’s most recent study, that number fell to 21 per cent. But on-

line dating isn’t all chocolate hearts and red roses. More than half of online daters say they believe someone else “seriously misrepresented themselves” in an online dating profile. More than a quarter have felt uncomfortable or harassed by someone who contacted them.

The results of Pew’s recent study aren’t directly comparable to its 2005 report because the way surveyors count the

More stats

- **Don’t call it stalking.** One-third of Americans who use social networking sites use the sites to check up on somebody they once dated. The same is true for nearly half of those aged 18 to 29.

- **Top spots.** Match.com is the most popular dating site, according to the 2013 survey, just as it was in 2005. No. 2 this year is eHarmony. Yahoo Personals was in second place in 2005, but it no longer exists.

- **More long-term unions.** Twenty-nine per cent of respondents say they know someone who has been in a long-term relationship or married someone they met online, compared with 15 per cent in 2005.

“online dating population” has changed. There were no dating apps eight years ago. That said, the percentage of Americans who say they have used an online dating website grew from three per cent in 2008 to six per cent in 2009, and nine per cent this year.

The 2013 telephone survey was conducted from April 17 to May 19 among a sample of 2,252 U.S. adults.

THE ASSOCIATED PRESS

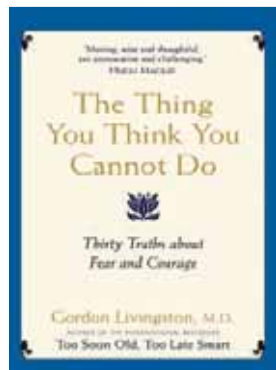
Dare not to scare easily and face that fear with a smile

Psychiatrist Dr. Gordon Livingston is prescribing a heavy dose of courage, not pills, to combat a debilitating syndrome: fear.

In his book *The Thing You Think You Cannot Do*, now available in paperback, Livingston explains to us why we must depend on courage to survive.

You aim to invoke virtues rather than prescribe medicine. How do you implement that?

Although I do use medication for anxiety and depression, I think that we need to think about courage. The key — and that’s why the book is titled *The Thing You Think You Cannot Do* — is to confront our fears. The cardinal rule of anxiety is that when we confront the things that make us anxious, they gradually



decrease. Many people, for example, have so-called phobias: things that they can’t do. They can’t fly, they can’t get on elevators; there are various things that people can be



Dr. Livingston’s book encourages its readers to confront their fears. ISTOCK

afraid of. But once those fears are confronted, systematically, they diminish. But if we react by avoidance, then our fears get worse. If we refuse to get on an airplane, then our lives

are constricted.

So are we supposed to just dive right in? Or are there baby steps to decreasing fear?

Systematic desensitization

is the way that we overcome those kinds of fears. If it’s getting on an airplane, then one day we’ll go the airport, and the next day we’ll go to the boarding area. There are ways in which you can do this that will overcome anxiety in a way that you can tolerate. We have to get away from avoidance, because that causes the fears and the anxiety to increase.

How did your war experience in Vietnam influence your view of fear and the advice you give?

That’s an example of a hazardous environment in which practically all normal people are apprehensive. You ask yourself, “What constitutes courage in that environment? What allows people to behave

in courageous ways?” Part of it is training — that’s one of the things that the military emphasizes — but it’s hard to train a person to be willing to die for an idea. I think that what happens in the combat situation is people develop a kind of unit cohesion in which a sort of love develops among the participants, and it’s important not to let down these people who are dependent on you.

What’s an easy, everyday tip for facing your fears?

Have a sense of humour. The ability to laugh in the face of fear is another form of courage that needs to be cultivated. People who react out of fear don’t make good decisions. **METRO**

COLD & FLU BASICS

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar, both influenza, commonly referred to as the flu, and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person. In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold,"



GEORGE DOLGIKH/COLOURBOX

says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, and aches and pains. Although stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or health-care professional to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms.

— News Canada

KEEP YOUR IMMUNE SYSTEM STRONG

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, who also offers tips on her website (sherrytorkos.com).

"And the key to prevention is to understand more about the common cold."

There are many effective prevention strategies for the common cold.

"Most important of all is maintaining a strong immune system,"



ISTOCK/THINKSTOCK

Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune-booster is Echinacea purpurea (purple cone flower). In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on Echinacea purpurea in history

using Echinaforce®, a proprietary extract obtained from fresh organic plants developed and marketed by A.Vogel. The study found that this particular preparation of Echinacea was effective in modulating the immune system and in reducing the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada recently approved Echinaforce® for both prevention and acute treatment of the common cold and flu, and deemed it safe to take as directed for up to four months. It's a great way to stay healthy during cold and flu season. A.Vogel is the premier supplier of over-the-counter natural products of the highest quality.

Designed by nature.
Proven by science.

For cold and flu
insist on
Echinaforce®

CLINICALLY PROVEN

Hot off the press!

Echinaforce is the only product approved by Health Canada for prevention and treatment of colds and flu. The largest study ever conducted on echinacea showed that Echinaforce:

- Can be taken safely for up to 4 months even by children and elderly people and that it offers effective protection against infections
- Supports the immune system, especially in times of stress, lack of sleep and for smokers
- Relieves symptoms and shortens the duration of infection

Echinaforce is made from fresh, organic, GMO-free echinacea which is anti-inflammatory, anti-bacterial and has wide-spectrum antiviral properties.

All natural products are not the same. Insist on Echinaforce.

www.avogel.ca

A.Vogel
Pioneer in Natural Health since 1923

Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention



YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what

you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally," Rapport notes that small

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada News-

wire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use \$2,000 to \$4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central



Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK



RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

World Series

Lester to start Game 1 in Boston

Red Sox left-hander Jon Lester will start Game 1 of the World Series against the St. Louis Cardinals.

That was the word on Monday from Boston manager John Farrell. Adam Wainwright is expected to start for the Cardinals when the Fall Classic gets underway in Boston Wednesday night. **THE ASSOCIATED PRESS**

Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial. **THE ASSOCIATED PRESS**

Adrian Peterson

Man indicted in death of Vikings star's son

A South Dakota man accused in the death of the young son of Minnesota Vikings running back Adrian Peterson has been indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Joseph Robert Patterson, 27, is expected to be arraigned later this week in the death of two-year-old Tyrese Robert Ruffin, who died two days after being hospitalized with severe head injuries.

THE ASSOCIATED PRESS

Leyland walks away from Tigers dugout

MLB. 'It's been a thrill': Manager steps down after 8 seasons in Detroit

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others, he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

"It's been a thrill," the 68-year-old Leyland said during a news conference at the ballpark. "I came here to change talent to team, and I think with the help of this entire organization, I think we've done that. We've won quite a bit. I'm very grateful to have been a small part of that."

Leyland made his managerial debut with the Pittsburgh Pirates in 1986, and from Barry Bonds to Miguel Cabrera, he's managed some



Jim Leyland sheds a tear while announcing he is stepping down as Tigers manager on Monday in Detroit. **PAUL SANCYA/THE ASSOCIATED PRESS**

of the sport's biggest stars and been involved in some of baseball's most memorable games over the past quarter-century.

Leyland told general manager Dave Dombrowski in early September that he didn't want to return as manager. He expects to re-

main with the organization in some capacity after going 700-597 as a manager.

He is 1,769-1,728 overall during stints with the Tigers, Pirates, Marlins and Rockies.

Leyland says his health is fine, but it's time to stop managing. He said he started weighing his decision around June.

"I'm not totally retiring today, I'm just not going to be in the dugout anymore," Leyland said. "I started thinking this was getting a little rough. I thought that the fuel was getting a little low."

THE ASSOCIATED PRESS

Cabrera fought through pain

Tigers slugger Miguel Cabrera might need surgery to repair a tear in his groin.

- General manager Dave Dombrowski said Monday that Cabrera was checked by Dr. William Meyers in Philadelphia before the post-season. Dombrowski said Cabrera only agreed to see Meyers when the team promised the third baseman he wouldn't be shut down.

Quoted

"I just had a feeling that it could have been his last year. All year, he was kind of emotional, and I just felt it."

Tigers outfielder Torii Hunter

Broncos forced to face flaws after Indy



Colts quarterback Andrew Luck shakes hands with the Broncos' Peyton Manning on Sunday night. The Colts beat the Broncos 39-33 in Manning's return to Indianapolis. **ANDY LYONS/GETTY IMAGES**

The Super Bowl shoo-ins woke up Monday in second-place.

And all the little flaws and imperfections Peyton Manning glossed over with a steady stream of points — well, those couldn't be glossed over this week.

Manning and the Denver Broncos returned home with their first regular-season loss in 378 days, which left them looking up at Kansas City in the AFC West standings and glowering over a game film that exposed problems in virtually every phase of their

game.

To name a few: An offensive line that can't absorb any more injuries; a defence that needed more than Von Miller's return to repair its problems; turnovers; penalties; game calling.

"You're concerned with all of it," coach John Fox said.

His biggest concerns after the 39-33 loss to the Indianapolis Colts were penalties and turnovers. The Broncos (6-1) got flagged for 103 yards and were a minus-2 in turnovers.

"We need guys to grow up

and play the way they need to," receiver Wes Welker said Sunday night after the game. "I have no doubt we are going to do that."

The offensive line got pushed around all night. Manning got sacked four times and hit 10.

Denver has given up 39-plus points twice in the last three weeks. The 28.1 points per game the Broncos allow are more than all but five teams, two of which have faced Denver's high-scoring offence. **THE ASSOCIATED PRESS**



The Sharks' Tomas Hertl scores on Rangers goalie Martin Biron on Oct. 8 in San Jose. THEARON W. HENDERSON/GETTY IMAGES

Sharks rookie showing his bite

NHL. 19-year-old Hertl blowing expectations out of the water

The San Jose Sharks' bus was late, so Tomas Hertl had to wait.

That gave fans outside Joe Louis Arena another chance to ask for autographs from the 19-year-old whose stardom in the NHL has arrived earlier than most expected. Hertl has seven goals and three assists in his first eight games and is an early front-runner for the Calder Trophy as the rookie of the year.

That production even caught coach Todd McLellan a little off-guard.

"I'd be lying if I said I wasn't (surprised)," he said after San Jose's morning skate Monday in Detroit.

Quoted

"He has the vision and the ability to do things, I think, that high-end players have."

Sharks GM Doug Wilson on rookie forward Tomas Hertl

"We expected him to be able to come in and make an impact on our team, but not to the extent that he has to this point."

Hertl's four-goal game Oct. 8 against the New York Rangers put him in the spotlight, spurring plenty of talk about showmanship after he scored on a shot from between his legs. Washington Capitals coach Adam Oates caused a stir by saying it's important for young players like Hertl not to "disrespect the league," while an off-colour

locker-room comment by captain Joe Thornton spun the attention in a different direction for a little while.

The 2012 first-round pick has cooled off slightly since that breakout performance, but it's not like the Sharks expect multi-goal games out of him that often. Given the ups and downs rookies tend to face, he might not finish the season with 20.

That's OK, because as general manager Doug Wilson puts it, "Tomas is not a one-dimensional player."

"It's not just the offensive numbers," Wilson said in a phone interview. "This kid is very poised in his own zone, he makes really smart plays protecting the puck, and to us he's a three-zone player that just fits in with how we want to play and where we're going with our team."

THE CANADIAN PRESS

Rose-y return. NBA stands to benefit from having Bulls star back

There's no question that the city of Chicago was waiting, impatiently at times, to get Derrick Rose back. And the same could likely be said about the Bulls franchise.

They weren't alone; the NBA was waiting as well.

When Rose's comeback commences for real on opening night in Miami on Oct. 29 against the two-time defending champion Heat, there's no question the league will be savouring the return of one of its biggest sources of star power. Rose sells tons of jerseys, sells tons of tickets, gets more people watching on television and almost certainly will raise the quality of play in the Eastern Conference.

Sure, it's better for opponents when he spends an entire season in suits, but for the game, it's better when he's back on the floor.

Rose was the NBA's MVP in 2011, and has played in just 40 of the Bulls' 166 games since because of a number of



Derrick Rose
MICHAEL HICKEY/GETTY IMAGES

injuries — the most serious being a torn-up left knee suffered in Chicago's first playoff game in 2012. Some suggested that because of his athleticism and commitment to rehabilitation, he would only miss a few months.

By the time he returned to the court earlier this pre-season, more than 17 months had passed without Rose in uniform. **THE ASSOCIATED PRESS**

What his peers are saying



"You miss a guy as dynamic as that. The league as a whole missed him."

Heat guard Dwyane Wade



"You don't want to come back and just be half of yourself. You want to come back and be at full strength."

Cavaliers guard Jarrett Jack said Rose's decision not to rush back was a wise one.



"Just from what I've been hearing, he's anxious. He hasn't played in a year so he's going to be going after people."

Hawks forward Al Horford said he believes Rose will be as strong as ever.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Monday's results

San Jose at Detroit
Colorado at Pittsburgh
Calgary at Los Angeles

Sunday's results

Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1

Tuesday's games

All Times Eastern

Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Nashville at Minnesota, 8 p.m.

Calgary at Phoenix, 10 p.m.

Wednesday's games

Ottawa at Detroit, 7:30 p.m.

Boston at Buffalo, 8 p.m.

Thursday's games

San Jose at Boston, 7 p.m.

Vancouver at New Jersey, 7 p.m.

NY Rangers at Philadelphia, 7 p.m.

Anaheim at Montreal, 7:30 p.m.

Chicago at Tampa Bay, 7:30 p.m.

Carolina at Minnesota, 8 p.m.

Winnipeg at Nashville, 8 p.m.

Calgary at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday, October 27

Boston at St. Louis 8:15 p.m.

Monday, October 28

Boston at St. Louis 8:07 p.m.

Wednesday, October 30

St. Louis at Boston 8:07 p.m.

Thursday, October 31

St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's result

Minnesota at N.Y. Giants

Sunday's results

Cincinnati 27 Detroit 24

San Diego 24 Jacksonville 6

Carolina 30 St. Louis 15

Washington 45 Chicago 41

N.Y. Jets 30 New England 27

Buffalo 23 Miami 21

Dallas 17 Philadelphia 3

Atlanta 31 Tampa Bay 23

San Francisco 31 Tennessee 17

Green Bay 31 Cleveland 13

Kansas City 17 Houston 16

Pittsburgh 19 Baltimore 16

Indianapolis 39 Denver 33

MLS

Sunday's results

New York 3 Houston 0

Los Angeles 0 San Jose 0

Wednesday's game

Chivas USA at Real Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto FC, 4 p.m.

FC Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday, October 27

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

Crippled Colt

Wayne tears ACL, out for the season

Colts receiver Reggie Wayne will miss the rest of the season after tearing the anterior cruciate ligament in his right knee during Sunday night's win over Denver. Wayne was injured in the fourth quarter as he tried to catch a low pass.

THE ASSOCIATED PRESS

Banged-up Bears

Chicago down Cutler and Briggs

Chicago Bears quarterback Jay Cutler will miss at least the next four weeks of the season and Pro Bowl linebacker Lance Briggs will be out for around six weeks.

Cutler (groin) and Briggs (shoulder) were both hurt in Sunday's loss to Washington. **THE ASSOCIATED PRESS**

Big boo-boo in the Lou

Knee injury ends Bradford's year

Sam Bradford is done for the season, and the burden for the St. Louis Rams has just become a whole lot bigger.

He tore a ligament in his left knee in Sunday's 30-15 loss at Carolina that dropped the Rams to 3-4.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus

April 21 - May 21

You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini

May 22 - June 21

You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer

June 22 - July 23

The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo

July 24 - Aug. 23

If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo

Aug. 24 - Sept. 23

Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra

Sept. 24 - Oct. 23

If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio

Oct. 24 - Nov. 22

Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius

Nov. 23 - Dec. 21

It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

♑ Capricorn

Dec. 22 - Jan. 20

You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

♒ Aquarius

Jan. 21 - Feb. 19

The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces

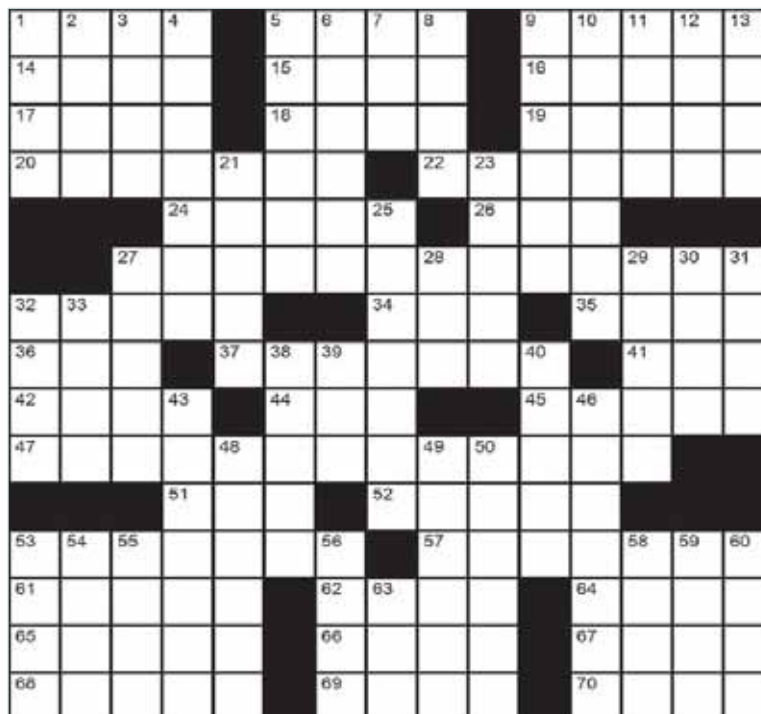
Feb. 20 - March 20

Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Informal food
- Catch ____ ('Get')
- "This isn't ____" (Get real)
- Great Big Sea's "____-Mac"
- Gather
- Frankie Goes to Hollywood hit
- ____-drop
- Owed-money
- Baseball cap wearing filmmaker Michael
- Activated again, as a membership
- Goal-getting athletes
- "____ for Murder" (1954)
- Embrace
- Animated Moun-tie of '60s TV: 2 wds.
- Oprah's produc-tion company
- Fashion designer, Anna ____
- Mischa of "My Man Godfrey" (1936)
- Bear, in Barcelona
- Stays put during the Fall-following season
- Get a nose like Pinocchio
- Graduation cap birds
- Knowledgeable letters
- ____-eyed
- Sudbury-born activist who ignited



- the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of ____ Law-rence
53. Quebec, ____ Province
57. "The Queen ____

- Show"
61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. ____
66. 'Victor' suffix
67. Home office ac-cessory

68. Insipid
69. Tina Turner's "Bet-ter Be Good ____"
70. Other

- ____ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the ____" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of ____

Down

- Mini military man
- Arctic ____ (Northern-hopping critter)
- "So, are you out ____

- Country duo, Florida ____ Line
- Jar of cream stuff
- A.A. Milne book, Chloe ____
- Past partners
- Sports ____ (Arm-chair quarterback's spouse)
- Religious songs group
- Some seers
- Whimsically funny
- Expected
- Russian forced labour camp
- ____ to the throne
- Deuce-ace
- Blind Melon singer Shannon
- "Even ____ speak..."
- "____ Fine" by The Beatles
- 'Pseudo' suffix
- ____ driving
- Canadian brewer since 1834
- Grant the right to
- From the shore
- Canadian actor, ____ Keith Rennie
- Mediate
- One of Mary's flock
- Seed coat
- Gaucho's weapon
- Send forth
- Young horse
- Sleeves
- Build-up talk
- Losing tic-tac-toe line

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2013

OPIATE ADDICTION?

New Methadone / Suboxone Clinic

— Doctor is Accepting New Patients —

1645 Bank St. - Near Heron Rd.
Call Today! (613) 521-1280

Visit metronews.ca

metro

QuestChat FREE TRIAL
NORTH AMERICA'S BESTEST CHAT LINE

613.232.4444
Other Cities: 1.888.482.8282

Dial #CHAT (87428) 39/min
Text "QUEST" to 96669 83/min
Free trial not applicable on #CHAT

questchat.com

18+ RESTRICTIONS APPLY

ONE CHOICE WILL DEFINE YOU
OTTAWA

ALLEGIAN

#1 NEW YORK TIMES BESTSELLING AUTHOR

VERONICA ROTH

THE EPIC CONCLUSION TO THE BESTSELLING SERIES
AVAILABLE TODAY IN STORE OR ONLINE AT

Indigoexclusive
Special Edition
Available Featuring
Exclusive Deleted
Scene!

Indigo

Chapters

Coles

indigo.ca

INDIGO, CHAPTERS, COLES AND INDIGO.CA ARE TRADE MARKS OF INDIGO BOOKS & MUSIC INC.